



### NEWS IN A "HEARTBEAT"



**Peninsula MRC Volunteers to date = 292 Approved Level 1, 2, 3 volunteers**

**WELCOME November VOLUNTEERS:** Edwina Carter, Shanell Nazzery, and Elvira Rutan

**THANK YOU:** Volunteers who served or trained in **November:** Jennifer Basak, Mark Callazzo, Leah Cassada, Carolyn Conley, Sunita Dowden, Fran Doyle, Simonsea Fowler, Adrienne Gibson, Shelley Hackworth, Jenny Moyer, Ann Muir, David Neidlinger, Sherri Rice, Brenda Sarno, Dan Sarno, Claudia Spurill, Richard Tennant, Michelle Warren, and Anna Yankowski

Events: Riverside Doctors Hospital Mass Casualty, Riverside FSE Internal Evacuation, HHD Dental Records Project, Interactive Health Awareness Forum, ICS-100, 700, Orientation, BP Screenings, Program Support, and Family Preparedness—A Tradition.

**33 Volunteers Provided 110.5 Hours of Service; 80.5 Non-Medical and 30 Medical and 3 VVHS Alerts were sent**



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

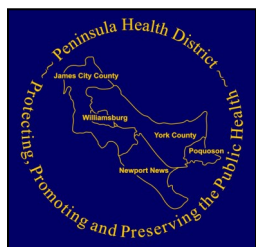
**Peninsula MRC Volunteers provided 34 BP Screenings in November 2013.**

### Save the Date—Hospital Emergency Response Teams Power Training Day...

Many who recently signed up for the Riverside Doctors' Hospital Emergency Response Team (H.E.R.T.) still need to complete the Psychological First Aid class to be MRC compliant. Some of you also need the First Aid/CPR/AED course because your certificate is not on file in MRC or has expired.

**The Peninsula MRC will be offering both of these classes back to back on Saturday, February 1, 2014.**

These classes are mandatory for H.E.R.T. but will be open to all Peninsula MRC volunteers who would like to take them. Please watch your email for details.

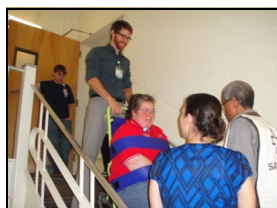


### Hospital Exercises Evacuation and Mass Casualty Incident

Fran Doyle shows the Paraskid used to help patients down stairwells during an emergency:



Shelley Hackworth is evacuated on the Evacutrack chair:



While the role of a Hospital Emergency Response Team Member is to provide minor wound care, patient advocacy, and/or psychological first aid to incoming patients following an emergency, during exer-

cises volunteers may also help bring realism to the event by playing roles assigned to them. This helps emergency responders and hospital staff improve their response efforts.

Exercises took place at Riverside Rehabilitation Institute in Newport News and Riverside Doctors' Hospital in Williamsburg in November. Stay tuned for a major exercise taking place March 26. Many volunteers will be needed.



**Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts**

**Volunteers Protecting the Health of Virginia**  
(read more on Page 2)



### *Exercises...*

#### [Peninsula MRC EP & R Exercise Calendar](#)

### *Public Health Outreach...*

Is still a big part of the day to day operation in Peninsula MRC.

To see where we are providing important services in the near future, visit:

#### [Peninsula MRC Public Health and Outreach Calendar](#)

### *Training...*

Is still the gateway to rapid deployment during a disaster.

#### [Eastern Region Training Calendar](#)

*(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)*



*Thank you for all you do to serve our communities  
and support the mission of the  
Peninsula Medical Reserve Corps*

### *The Peninsula MRC Pipeline of Events*

**For Volunteers who are qualified to serve,** the following events / initiatives are coming up:

#### **December:**

Hospital Emergency Response Team Emergency Dept. shadowing.

#### **January:**

Homeless Connect, Norfolk.

#### **February:**

First Aid/CPR/AED and Psychological First Aid classes.

#### **March:**

Regional Influx Exercise—Blast/Burn

*Please check the PenMRC calendars for more detail, watch and respond to your email alerts.*

#### **Contact Information:**

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#### *Please bookmark these websites:*

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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<http://www.youtube.com/watch?v=uPq-WRAARTw&feature=youtu.be>



*Peninsula Medical Reserve Corps Virginia*



**E-NEWS FLASH FROM PENINSULA MRC—DECEMBER 2013**

**Volunteers Protecting the Health of Virginia**